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NUTRITION COMMITTEE NEWS

For exchange of information on nutrition education and school lunch activities.

U. S. DEPARTMENT OF AGRICULTURE, Washington, D. C. MAY-JUNE 1956

ADULT NUTRITION: II. PRACTICAL, POPULAR NUTRITION PROGRAMS

Sadye F. Adelson, Nutrition Analyst, Agricultural Research Service

Findings from recent nutrition studies covered in the winter 1955-56 issue of NCN give evidence that some adults have less than optimum diets. However, information on the food and health of the nation's population for the past half century, provided by data on national food supplies, nutrition surveys, and vital statistics, shows nutritional improvement. Over the decades diets have been improving steadily. People are living longer and their later years are healthier and more useful.

Many factors have contributed to better, longer life. Those that quickly come to mind are advances in medicine and public health, nutritional improvements in quality and quantity of the food supply, higher incomes, programs that benefit the unemployed, the aged, low-wage workers, and dependent families, and more years of education in general.

Nutrition education has no doubt played a part. Over the years, as knowledge of food practices and dietary shortages has increased, efforts to bring about nutritional improvements have been intensified. Programs described in this issue are examples of such efforts. More is known about activities than results. Only a few attempts have been made to study the effectiveness of programs designed to better food practices.[1 2 3 4 5] Plans for practical nutrition programs should more often include evaluation. Long-term effects especially need to be known.

[1]Diets of families in the open country . . . a Georgia and an Ohio county, summer 1945. S. F. Adelson and E. C. Blake. Misc. Pub. No. 704. U. S. Dept. of Agr. 1950.

[2]The road ahead in nutrition teaching. J. L. Cameron. Jour. Home Econ. 42(8) 641-643, Oct. 1950.

[3]How are food practices changed? Nutr. Com. News. Feb. 1952, U. S. Dept. of Agr.

[4]Rural homemakers report on their food production and conservation practices and what they know about nutrition. Va. Agr. Ext. Serv. Cir. 563, 12 pp. Nov. 1952. Extension Service, Virginia Polytechnic Institute, Blacksburg, Va.

[5]What the homemaker knows about nutrition. I. Description of studies in Rochester and Syracuse, N. Y. II. Level of nutritional knowledge. III. Relation of knowledge to practice. Am. Dietet. Jour. 32(4) 214-217, 218-222; 32(5) 321-326.

THE SERIES

This issue of NCN is second in a series of three on adult nutrition. No. I, The Situation, winter 1955-56, contains a partial summary of findings from fairly recent selected studies of the diets and nutritional health of adults. In it findings are related to census and other economic data. Some implications for nutrition education are also indicated.

This issue, No. II, Practical, Popular Nutrition Programs, presents examples of types of activities in which nutritionists are serving as leaders or consultants in order to help adults achieve greater nutritional health. Nutritionists in social welfare, public health, and education have furnished the examples.

Issue No. III will deal primarily with on-the-job training in nutrition for professional workers concerned with feeding or educating adults.

People have been stimulated to help themselves to better diets in various ways. Examples of some recent programs for adults, which have come to our attention and are presented in this issue, indicate that today's programs are perhaps largely concentrated on helping overweight and senior adults. Homemakers in general and young adults, including brides and pregnant and nursing mothers, are getting some attention.

Few nutrition programs are specially designed for men. Nutritionists sometimes arrange special meetings, which include husbands of the women in a nutrition course, at a time convenient for the men. There is also a new trend to develop classes for couples.

Many reading materials have been prepared for reference and home study of diet, budgeting, and health during early, middle, and later adult years. Some of them are listed as "Materials" in this and earlier issues of NCN.

FOR SENIOR ADULTS

Senior adults have some special dietary problems that are general for people of their age. Nutritionists find that workers who have retired from their former occupations and homemakers whose home responsibilities have tapered off respond especially to group work. In addition to the value they see in learning how to better their health, they appreciate the interest of others in their health and welfare; they like belonging to a group; and they enjoy the companionship of group activity.

At community centers

Starting point—study of nutritional health. A series of 7 monthly lecture-demonstrations on how to eat well and feel better was held in 1953-54 at the Sirovich Day Center, a social, cultural, recreational, and educational facility in New York City for approximately 600 men and women of 60 years plus. This is a joint project of the Sirovich Day Center and the City Department of Health's Lower East Side Center.

The program has resulted from findings in a 1953 study of the diets and nutritional health of 27 men and 26 women participating in center activities. The series started with a report of survey findings. Topics at other meetings were: Choose and use the right food, foods to keep you fit and add "life" to your years, tips on how to buy and prepare foods, shopping and cooking for individuals and couples, and ideas for meals in restaurants and cafeterias.

The day center director was group leader for the first year. The district nutritionist attended meetings and served as consultant with specialists from several community agencies. From 75 to 100 attend a meeting.

During the second year, 7 members of the day center formed a nutrition education committee to assume major program responsibility. The district nutritionist serves as consultant to the committee. The program is now in its third year.

To get maximum group interest and participation members are encouraged to send in questions or ask questions in class. Pertinent aspects of the nutrition education program are integrated into Center activities. Members make posters and exhibits for meetings, write compositions in English classes, prepare skits, and visit food concerns and markets. A low-cost-food quiz game "What's my name?" is played. Literature giving help to older persons on selecting, buying, and preparing food is distributed. Refreshments are served at meetings.

A similar project is being conducted as a part of the the older adult program of the New York Educational Alliance, again in cooperation with the Lower East Side Center of City Department of Health.

Right eating as a hobby. Nutrition talks and demonstrations at two Senior Citizens' Hobby Centers were given by Chicago Nutrition Association members. Special emphasis was placed on what to include in a good diet and how to correct faulty meals such as breakfasts and luncheons of sweet rolls, doughnuts, and coffee. Audiences, including workers in nursing homes and older persons, asked many questions. Chairman of the governing committee of the Senior Citizens' Hobby Centers wrote the Nutrition Association, "No contribution that has come to our Centers has been so meaningful to our older adults as the demonstrations given by members of your group."

Members of the Washington State Dietetic Association and physicians in the State also have been conducting classes on adequate diets for older adults.

Food sense and cents. Series of classes on adequate meals for senior citizens in Hillsborough County (St. Petersburg area) and Pinellas County have been taught by nutritionists and home economists of Florida. Cooperators are the Florida Power Corporation, Pinellas County Health Department, Florida State Board of Health, and the Dairy Council of Hillsborough and Pinellas Counties.

First organized at request of the Region IV Gerontology Committee affiliated with the Florida Conference of Social Welfare, the series have been repeated four times by popular demand. Each series includes eight cooking demonstrations and nutrition talks.

Practical topics at meetings have included food budgeting on a retirement income, cooking an adequate meal on a 1-burner hot plate, good sense meals that save cents, meat for all ages, calories that keep good company, food for that tired feeling, and more or less of you (weight control).

Films were shown. Among materials distributed was a recipe folder "Food After Forty" compiled for the audience, aged 45 to 75 plus years. Complete meals were prepared by leaders and the assortments of foods in them were compared with those in The Basic Seven. Through audience participation, in which many valuable suggestions were made and experiences shared, enthusiasm was heightened. A questionnaire revealed that 88 percent rated the program "very good," 10 percent "good," and 2 percent "all right."

At home

Via air waves. Pennsylvania's Allegheny County Nutrition Council aptly termed its 13-week radio series directed to middle-aged and older persons "Improving your coming years." Speakers included four nutritionists, two social workers, one psychiatrist, four other physicians, one visiting nurse, and council officers. Topics were: Meet the nutrition council; it's all in your plans; get off the sidelines; from a nurse's viewpoint; a good attitude makes a better meal; tomorrow starts today; the physician looks at adult

nutrition problems; put fun on your menu; food can make the man; special plans for special food problems; your heart and your food; food in heart conditions; and the psychiatrist looks at you.

"Meals on wheels." A Philadelphia settlement house daily provides a hot noon meal, a cold supper, and conversation to 47 men and women, 65 to 84 years of age, living alone in 1 room, and unable to care for themselves adequately. Volunteers, called "platter angels" by a recipient, prepare, package, and personally deliver the hot meal, which is hot and on time, in their own or an agency car.

Although the program is supported by a grant, recipients pay 40 to 80 cents for the two meals out of their public assistance or Old-Age and Survivors Insurance money. Each recipient was referred by a visiting nurse or worker in a clinic or public assistance department. Each was physically weakened from an illness, operation, arthritis, palsy, or the like and in need of good food and human contacts.

A physician and sociologist check overall effects of the service every 3 months. In addition to immediate benefits to recipients, information to help in solving problems of the aged is expected to come to light. Findings should have special value to those who counsel elderly people on diets or prepare food for them.

FOR WEIGHT WATCHERS

Many overweight individuals have found it hard to reduce and stay reduced on their own. Some of them find their goals easier to accomplish in company with others. Besides the bolstering effect that activity and decision by the group have on individuals, group work makes it possible to extend to many the expert direction of a few nutritionists and physicians. Weight control classes have therefore become popular with teachers as well as pupils.

During the past year or two in States where Extension nutrition specialists have developed weight control units of study, women in many home demonstration clubs have selected them. Courses in weight control given in adult education, public health, and other programs get good enrollment. Prompted by the need, members of nutrition committees in Dayton, Ohio, in Hillsborough County, Fla., and elsewhere, and members of dietetics associations in San Diego, Los Angeles, and other areas in California have organized and offered weight control classes.

Features of weight control programs

Well-run weight control clubs and classes have certain characteristics in common. Emphasis is on selecting adequate diets from customary available foods and on a slow, safe, permanent loss of excess weight. A basic understanding of nutritional needs and food values is given. Participants who intend to reduce weight are screened by a physician who also decides how much and perhaps how fast each one can safely lose. A nutritionist or dietitian serves as group leader, or, as in Utah, Louisiana, and other States, a local public health nurse may lead a group in consultation with a State nutritionist. A physician is often available for advice.

During Douglass College's adult education course, doctors at its medical center kept check on women who were reducing weight. Cleveland had a psychologist in the group dynamics field give a training course for leaders. A Montgomery County, Md., public health course includes exercises directed by a physical education instructor.

Home demonstration clubs

Varied circumstances have prompted weight-control projects in home demonstration clubs. Among them are: Study of calories in a food lesson (Cowley County, Kans.); local doctor's observation that many women patients were overweight (Coffey County, Kans.); countywide project (Green County, Miss.); and statewide project (Va., Ind.).

Leaders have initiated many novel procedures and approaches in individual weight-control programs. Discussions and demonstrations of good grooming are often integrated into home demonstration club projects. The idea behind attention to care of hair, skin, feet, and hands and to posture habits and physical exercises is to get women more interested in how they look. To further this interest and to thwart backsliding, home demonstration clubwomen, in Cowley County, Kans., were urged to alter their clothes to fit their new slimmer figures. Coffey County, Kans., home demonstration clubwomen had photographic evidence to stop any calorie indulgence. Their club leader took pictures before, during, and at the close of their 1-year, good-grooming, weight-control project.

The Cowley County home demonstration agent who was able to meet with the women only bimonthly during the critical first 3 months, kept morale high by sending out a newsy letter in between meetings.

Night school

To promote more nutrition education in adult education centers in Des Moines, Iowa, weight control classes have been offered as a part of the night school program since fall 1954. Emphasis is on good nutrition. A doctor's certificate is required of all pupils desiring to lose weight. Classes are taught by a local homemaker who is a graduate dietitian.

Student leaders

At the Hunterdon County, N. J., Medical Center, a series of group meetings for women, on problems of weight control, is being conducted by junior and senior home economics majors, of Douglass College, Rutgers University. The students, doing this as a project in an adult

education course, are supervised by a Medical Center staff member and their teachers.

Physicians have referred the women to the clinic, prescribed their caloric levels, and agreed to check on them during the program. Topics include: Food portions and calories, food preparation in relation to weight control, adapting low calorie diets to special occasions, time management, and adapting normal eating pattern for lifetime weight control.

Couples lose together

In Montgomery County, Md., the public health nurse is trying to motivate a group of husbands and wives, 10 percent or more overweight, to develop better eating habits, lose excessive weight, and maintain normal weight. State public health nutritionists are serving as consultants. Each member of the group has a doctor's approval to participate in the reducing program.

Each one keeps a graph of his original weight, desirable weight, and weight at each meeting. Members are being shown how to select well-balanced meals, count calories in foods, and substitute low-calorie for higher calorie foods.

Talks by physicians and nutritionists, films on obesity, and exercises directed by a physical education instructor are included in the program.

County program, open to the public

Two series, of 5 meetings each, on weight control for adults, have been sponsored by the Hillsborough County, Fla., nutrition committee. Attendance averaged 125 persons a meeting.

A variety of speakers, food demonstrations, and discussion periods were arranged for the meetings, which were kept informal. At the first one a physician representing the medical society discussed importance of weight control. Following this, persons from the audience made selections of high- and low-calorie foods from 4 meals donated by a local cafeteria.

An evening session emphasized the importance of husband and wife working together to control weight. Quick nutritious meals of special interest to working couples were prepared.

"The Cook, Villain or Hero," the subject of the third meeting, illustrated that meals planned for the family need to be changed only slightly to assist in controlling the weight of its overweight-prone members. The fourth program stressed the importance of breakfast. At the last talk, a pediatrician discussed "Overweight in Children."

Throughout the series, physicians, nutritionists, and food demonstrators emphasized that food intake influences weight, fad diets are not recommended, and a knowledge of food values is helpful. Questionnaires at each meeting showed that 90 percent of the audience liked the combination of medical and nutrition talks and food demonstrations.

Fee course

An areawide weight reduction program is being sponsored by eight Cleveland health agencies—Diabetes Association, Division of Health, Arthritis and Rheumatism Foundation, Health Museum, Dietetic Association, Nutrition Association, Health Council, and Visiting Nurse Association. For a 15-session discussion series requiring a physician's referral and $15 dues, 190 persons enrolled. They were formed into 10 groups.

Fifteen group leaders were chosen from widely varying occupational fields. They received an 8-session leadership training course conducted by a psychologist specializing in group dynamics.

Statewide program

In a Statewide public health war on overweight, a series of weight control classes have been conducted up to date in 55 of 92 Indiana counties by the Indiana Heart Foundation, State Board of Health, and Home Extension Service of Purdue University. Slow but permanent loss of weight through a diet prescribed and supervised by a physician is the theme. Students are required to obtain a signed certificate from a physician stating the number of pounds that may be lost safely and whether exercise is permissible.

FOR THE SICK

The sick are often more openminded about changing food habits than the well. Therefore, when a special diet for ill health is needed, nutritionists start with a normal diet pattern and show how to modify it to suit current special needs. Upon regaining health the individual then has a basis for adjusting from diet in disease to diet in health.

TB patients

Ohio Department of Health nutritionists conducted an early evening series of 8 half hour nutrition classes for ambulatory patients at a TB sanatorium during the summer of 1955. Leaflets on patients' trays promoted interest in classes. Thirty-five patients, about one-fifth of the total, attended 1 or more classes. Two surveys of food eaten by patients in the course showed need for education in nutrition.

A wide variety of teaching techniques, visual aids, and publications was used. Basic nutrition, wise food buying, weight reduction, meal planning, and conservation of time and energy were covered. When the course ended, each patient evaluated it on a prepared form.

Diabetic patients

A nutritionist from the West Virginia State Department of Health gives consultative service once a week to diabetic patients at an outpatient clinic. Most of them are older adults. Patients are helped individually to understand and accept their diet and to plan meals. Informal group discussions are also held in which there is opportunity to talk, ask questions, and help each other on common problems.

Classes held regularly for diabetic patients by the Springfield, Ohio, Health Department include sessions on diet and food preparation. The district nutrition consultant assists the nursing staff in planning and holding these sessions. Similar classes are held also in other parts of Ohio, in Maryland, and in other States. Cleveland's nutritionists are starting weight control programs for groups of overweight diabetic patients.

FOR HOMEMAKERS AND THEIR FAMILIES

Schools educate parents through their school children. Right food for Johnny and Mary is right food for parents and the rest of the family. Only quantities differ.

Health and welfare workers often learn about families in the community from school studies. Food habits revealed by surveys of diets of school children in a community usually reflect family practices and are useful as a springboard for nutrition education programs for parents and children—in fact for the total population.

Nutritionists are turning waiting rooms of prenatal clinics into centers of nutrition education. Wall posters, reading materials, and exhibits give health and nutrition suggestions. In addition there is often an instructor in nutrition to see that the women's time is profitably filled. Available space in or near the waiting room and pressures upon the nutritionist's time sometimes dictate whether individual or group instruction is given.

Clubs and classes offer an opportunity to reach brides, business and professional men and women, neighborhood mothers, and other homogeneous groups of people who are "ready" to receive food and nutrition information. Especially when there is opportunity for series of meetings, clubs and classes provide a good setting in which to develop understanding of the contribution the right food well-served can make to home and family life.

Speakers' bureau

Members of the Washington State Dietetic Association have organized a speakers' bureau for use of clubs and classes. Its purpose is to offset the food misinformation being spread throughout the State.

Brides

Montgomery County, Ohio, Red Cross Chapter gives a popular class for brides. Food demonstrations are the background for discussions on food buying, quick meals, and budgeting.

Expectant mothers

A clinic nutritionist gives private instruction regarding nutritional needs to each woman coming to the prenatal clinic of Maricopa County, Arizona, Hospital.

Mothers are taught in groups by nutritionists in prenatal clinics in Maryland. During the brief time available, usually no more than 10 minutes, a single phase of nutrition is discussed.

Preschool clinic day

This is the day when youngsters in Lebanon County, Pa., get introduced to their school and the people in it. Parents accompany their children. A short private talk on food habits with a home economics consultant is among the conferences held for each child and his or her parents. Advice is given on any problem found, such as no breakfast, too few green vegetables in daily meals, and food dislikes and allergies. School officials feel that the conferences with parents, usually mothers, influence diets of adults as well as children.

County nutrition program

A 1953 school survey in Chatham County, Ga., made by the health committee of the United Community Services, showed that many children go to school without breakfasts, eat too few green and yellow vegetables, and have other poor food habits. The Chatham County Nutrition Council, which came into being as a result of the survey, is using the findings in a continuous and countywide program to help people, old and young, improve eating habits.

Goiter control programs

An educational followup from a 1954 survey of goiter among school children is being directed to adults and children in Ohio. A free leaflet, An Invitation to Prevent Simple Goiter, promotes use of iodized salt and other food sources of iodine.

Next year the West Virginia State Nutrition Council plans to sponsor a program on use of iodized salt. Grocers and food processors will be invited to participate in the program. Member agencies of the council will have their workers alert their audiences on the need to use iodized salt.

"Mama's day out"

This is a YWCA neighborhood program in Dayton, Ohio. At present, Red Cross nutritionists are participating in it by giving a series of six lessons for homemakers, with discussions and demonstrations on budgeting, meal planning, and nutrition of family members.

Mothers in low-income families

Dietary consultants in Georgia's Department of Public Health, upon request from a Salvation Army Corps Officer, have held a series of 3 monthly meetings on food budgeting, meal planning, and weight control for a club of mothers in low-income families. The group included 9 mothers of preschool and school children, 7 grandmothers, and 2 great-grandmothers. Seven of the 18 women were overweight. Similar programs were conducted for several welfare groups.

The Philadelphia Board of Public Education has assigned 7 home economists to selected communities to work with parents, in their homes, on food and nutrition, child care, home management, and other related areas of homemaking. In addition, a part-time nutritionist assigned to the Division of Home Economics meets with adult groups throughout the city. She gives talks and demonstrations on meal planning for good nutrition.

Surplus commodities

For 2 years surplus commodities have had extensive distribution among families of unemployed coal miners in West Virginia. A lack of knowledge of varied ways to prepare some of the foods caused many to become tired of them. A health department nutritionist has tried to overcome this by showing interesting ways of using the foods in family meals. She holds demonstrations and distributes recipe materials at the center where families pick up their commodities. Demonstrations on reconstituting nonfat dry milk and using it in recipes have been especially helpful to new users of this product.

Food economics in pictures

"How Maria Bought a New Dress" is a leaflet that tells in pictures a story of a careful shopper who was able through economical food buying to get a new dress. Text is given in both English and Spanish. The leaflet is a cooperative undertaking of the New York State Extension Service at Cornell University, health and welfare workers, and the Puerto Rican Department of Agriculture in New York.

Working women

Women in a Mississippi business and professional club have been given nutrition information in a popular talk on quick tricks with food for the woman who works.

Women in adult schools

It took a teacher about a year of subtle persistence to sell a 6-month course in adult nutrition to women enrolled in an adult education program in a school in Lamar County, Miss. The tide was finally turned by a 100-pound-too-heavy leader in the group who became interested and started losing weight.

Nine classes taught in the adult homemaking program in schools in St. Paul, Minn., include information on food and nutrition. In courses, such as cooking school, streamlining the figure, and modern hostessing, homemakers are given information on nutrition, menu planning in terms of meeting nutritional needs of family members, food preparation methods that best conserve nutrients, and serving food attractively. All instructors, most of whom are home economics graduates, are vocationally certified through the State department of education.

Utah and Connecticut are among other States having similar programs.

Ounce of prevention

In the city recreational programs of Hattiesburg, Miss., a series of classes for homemakers called Lady be Fit, stresses nutrition as well as physical fitness and provides information on good diets to women primarily interested in recreation, exercise, and charm. The teacher is an instructor in physical education. Members of the Forrest County Nutrition Committee act as consultants on nutrition information, techniques, and followup.

FOR INDUSTRIAL WORKERS

The Bureau of Nutrition of the West Virginia State Department of Health makes available to industrial nurses bulletins, exhibits, and films for workers in their plants.

In a plant employing two thousand women, a Better Health Week is held annually. The program always includes nutrition; often it has major accent. Health department nutritionists spend part of the week in the plant to consult with employees who have special questions.

In another plant, a survey by the health director and nurse showed that men and women had poor breakfast habits. Upon request, health department nutritionists conducted meetings on the importance of breakfast. A day was set aside for meetings with groups of 50 to 100 workers at a time. The nurse, with guidance from the nutritionist, has carried on education in good breakfasts.

FOR GENERAL PUBLIC

Shopping centers and places where people browse are used to publicize information on nutrition. Posters, exhibits, bibliographies, and other educational materials are prepared by nutritionists especially for persons coming to such centers. Thus sound, practical nutrition information is given to people in the community.

At the Fair

The 1954 State Fair exhibit of the Utah State Nutrition Council was centered around "enrichment." In 1955, stress was on a good total meal pattern for the day. An explanatory sheet was distributed to about five thousand persons who stopped at the booth. Council members took turns servicing the booth in 4-hour shifts during the 9 or 10 days of each fair.

"Eat to Fit Your Body Build" was the theme of the booth at the 1955 Washoe County, Nev., Fair. It was a cooperative venture of four State groups—Dietetic Association, School Food Service Association, Home Economics Association, and Public Health Department. Each booth visitor received a small mimeographed bulletin, Eat to Fit Your Body Build, prepared by the Nevada Nutrition Council. The bulletin includes desirable weights for adults by height and weight, sample weight curves in reducing and gaining weight, and sources for further help. Visitors were given a chance to get weighed and start a personal weight chart. To catch the eye, colorful wall posters showed a very plump lady going down the (music) scale and a very thin gentleman going up the scale.

The Home Economics Advisory Committee also planned its booth around weight control at the 1954 Topeka, Kans., Free Fair.

At laundromats, libraries

During nutrition week, the Bronx, New York, Nutrition Committee placed nutrition leaflets in laundromats and sponsored 35 exhibits in public libraries of the area.

Press and radio

The Vermont Nutrition Committee continues to serve homemakers and their families in the State through its news releases, Your Food Today, which it has been getting out since early 1941. Members take turns preparing releases. Among recent topics are: Some causes for food prejudices; save minutes with your meals; care and feeding of the teeth; atoms at work in nutrition research; and Lenten meals.

The West Virginia State Nutrition Council prepares news releases, to combat misinformation on weight control, for use of newspapers and radio stations in the State. In addition two 15-minute recordings have been made and sent to 27 radio stations.

Answering questions relating to nutrition and food sent to "Mr. Fixit," a Minneapolis newspaper columnist, is the responsibility of a nutritionist designated by the Minnesota State Nutrition Council. During the past year she answered 48 questions.

TV kinescopes

Indiana's State Nutrition Council, in cooperation with Indiana University, is sponsoring a series of six TV programs which are being televised over a Bloomington Station and kinescoped for use by other stations in and out of the State. A kinescope of one program costs about $50. The council was able to get financial contributions from Indiana's Dental and Medical Associations, Farm Bureau, and other voluntary agencies.

Care is taken to select visual aids that show up well when televised. Nutrition is stressed in each program. One or two council members are responsible for preparing material for each topic. Topics are: Family food patterns, breakfast, school lunch, dental health, weight control, and food fads.

Education week

In 1955, during American Education Week, a citywide nutrition education program for young consumers was held in Minneapolis. This was the first time during its 35 observances that major emphasis was given to nutrition. Although the program was primarily for the high school girl, homemakers shopping at the participating grocery markets also became involved through seeing posters and receiving consumer materials. Through PTA's, mothers learned about the information their daughters were getting.

Nutrition week

For Nutrition Week in May 1956, the Brooklyn Nutrition Committee, an affiliate of the Brooklyn Council for Social Planning, used the slogan "Focus on Food." Two public meetings were held at Brooklyn College. Both were panel discussions—one on facts and fallacies and the other on figure fitness. The audience was given opportunities to ask questions.

Exhibits on teeth, obesity, and diabetes were tied in with the citywide theme "Mealtime is Family Time" and were displayed at several prominent places on the campus. Literature was distributed and films were shown.

All means of communication were used to announce and promote Nutrition Week. Programs were carried on in housing projects, schools, libraries, stores, and health and community centers.

MATERIALS

Listing of these materials is for information of readers and does not necessarily mean recommendation.

Symbols

GPO—Superintendent of Documents, Government Printing Office, Washington 25, D. C.

ADA—American Dietetic Association, 620 North Michigan Avenue, Chicago 11, Ill.

NRC—National Academy of Sciences, National Research Council, 2101 Constitution Avenue, NW., Washington 25, D. C.

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Selected list of references on national food patterns and recipes. Mim., 14 pp., ADA, 50 cents per copy.

Child Nutrition

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Nutrition of older girls and boys. P. B. Mack and A. de P. Bowes. Bul. No. 1, Human Nutrition Series, 107 pp., 1955, College of Household Arts and Sciences, Texas State College for Women, Denton, Tex.

Student participation and use of milk in school lunches. G. G. Quackenbush. Tech. Bul. No. 252, 36 pp., 1955, Michigan State University, Agr. Expt. Sta., East Lansing, Mich.

Animals as a tool for teaching nutrition. 10 pp., Mim., 1955, Bureau of Nutrition, Pa. Dept. Health, Harrisburg, Pa. Single copies free.

More—please! Normal nutrition and dental health for children. Leaflet, 5 pp., 1956. ADA. 1 copy 3 cents, 50 copies $1.25, 100 copies $2.

Popular nutrition education

Eat to fit your body build. Nevada Nutrition Council. 1955. Obtainable from M. Gertrude Hayes, P. O. Box 1789, Reno, Nev. 5 cents per copy.

Maintaining normal weight. I. H. Wolgamot. 16 pp., 1955. Ext. Bul. 292, College of Agriculture, Rutgers University, New Brunswick, N. J.

The best of health to you. Nutrition information for adults. Leaflet, 6 pp., 1956. ADA. 1 copy 10 cents, 50 copies $3.50, 100 copies $5.

Forget birthdays—enjoy good eating. Nutrition for the senior citizen. Leaflet, 5 pp., 1956. ADA. 1 copy 3 cents, 50 copies $1,25; 100 copies $2.

An invitation to prevent simple goiter. Ohio Department of Health, 306 State Office Bldg., Columbus, Ohio. Single copies free. 1955.

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Know the poultry you buy. A television script, 7 pp., 1956. Agricultural Marketing Service, U. S. Department of Agriculture, Washington 25, D. C.

A fruit and vegetable buying guide for consumers. G. R. Blount, Agr. Market Serv., U. S. Dept. Agr., 46 pp., 1955. GPO. 20 cents.

Food supply safety

Statement of general policy in regard to the addition of specific nutrients to foods. Adopted jointly by the Food and Nutrition Board, National Research Council, National Academy of Sciences and the Council on Foods and Nutrition, Amer. Med. Assoc. Leaflet, 1953. NRC.

Policy statement on artificial sweeteners, Leaflet, 8 pp., 1955. Food and Nutrition Board, NRC.

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Equipment for food

Home freezers, their selection and use. E. C McCracken, Agr. Res. Serv., U. S. Dept. Agr., HG 48, 21 pp., 1956. GPO. 10 cents.

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Leadership pamphlets. 1. How to lead discussions. 2. Planning better programs. 3. Taking action in the community. 4. Understanding how groups work. 5. How to teach adults. 6. How to use role playing and other tools for learning. 1955. Adult Education Association of the U.S.A., 743 North Wabash Ave., Chicago 11, Ill. Single copy 60 cents. All 6 pamphlets $2.40.

Evaluative processes in home economics. 1. Foods and nutrition. M. R. Loree and K. R. Mackensen. La. Bul. No. 481, 80 pp., 1953. Louisiana Agricultural Experiment Station, Baton Rouge, La.

Accent on learning. Motion picture. 30 min. b/w. Available on free loan from Ohio State University, Columbus, Ohio. Demonstrates techniques and methods of teaching college students.

Community education, health and welfare

The public school and other community services. Amer. Acad. Polit. and Sociol. Sci. Ann. 302, Nov. 1955, 215 pp.

Household Economics Research Branch, Agricultural Research Service, U. S. Department of Agriculture, in consultation with the Interagency Committee on Nutrition Education and School Lunch. (The printing of this publication has been approved by the Bureau of the Budget, July 27, 1955.)